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DEVELOPMENT OF COORDINATING ABILITIES OF YOUTH 10-11 YEARS PARTICIPATED IN JUDO

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Abstract: The article discusses methods for increasing and developing coordination abilities in adolescents through the use of a set of exercises with stuffed balls. The results of a verification experiment are presented.

Keywords: teenagers, coordination abilities, development, methods, set of exercises, stuffed balls.

Introduction. The development of children's, youth and mass sports remains a matter of national importance for the Republic of Uzbekistan. Improving sportsmanship in children and youth remains in one of the leading places. The problem of increasing the level of sports achievements is reduced not only to attracting children to sports, but also to the search for new methods of training [1].

A variety of motor activity in the process of training and especially in the process of competitive activity requires the wrestler to constantly display high coordination abilities. Athletes in the process of a wrestling match have to perform many technical actions with a change in direction, effort and in the shortest periods of time. Success in achieving victory is largely determined by the volume and stability of possession of skills and abilities of various technical actions [1, 2].

Purposeful development of coordination abilities in young wrestlers contributes to the strength and success of mastering the wrestling technique at the early stages of training. There is a natural need for specialists and coaches to more thoroughly analyze the above qualities, to study the influence of the directed development of coordination abilities on improving the technical and tactical indicators of wrestlers [3, 4].

The practice of martial arts shows that the lack of effectiveness of the work of educational and sports units with children of primary school age reduces the effectiveness of training activities at the next stages of the development of sportsmanship, leads to a high dropout of students from sports schools. In this regard, the training of young wrestlers actualizes the search for new scientific approaches and the rapid introduction of innovative teaching methods and sports training into sports practice at the initial stages of the training cycle [5, 6, 7].

Coordination abilities ensure the economical use of children's energy resources, affect the amount of their use, since muscle effort accurately dosed in time, space and degree of filling and the optimal use of the corresponding relaxation phases lead to rational use of forces [8, 9].

The problem of building a training session and its optimization has always attracted the attention of specialists working in children's and youth sports schools and in elite sports. At present, rather extensive experimental material and extensive practical experience have been accumulated in martial arts, which make it possible to develop this problem more thoroughly and in detail [10].

The development and improvement of motor-coordinating abilities should be considered as one of the important sections of the training of athletes of different skill levels, which is due to the variable activity of martial arts, and the resistance provided by an opponent greatly complicates the

implementation of technical actions. During a sports duel, attacking and defensive actions can be used in various combinations and sequences, so the martial art itself requires the manifestation of motor-coordinating abilities [11]. Motor-coordination training is a complex pedagogical process, provided by the functions of various body systems and sections of training.

Of particular importance is the choice of the direction of pedagogical influences and the selection of means of training. The issues of using training means in the development of motor-coordinating abilities in martial arts have been studied by many specialists [12]. However, the direction of the pedagogical impact of training in the development of motor-coordinating abilities in young judokas involved in groups of initial training has not been studied enough. The current situation hinders the ability to directly influence the process of wrestling, which is largely associated with the manifestation of motor-coordinating abilities.

Assuming that the use of specialized exercises aimed at developing motor-coordinating abilities will help increase the level of physical fitness and the effectiveness of the training process in children involved in judo, we set the goal: to develop a set of exercises with stuffed balls and experimentally substantiate the effectiveness of motor-coordination development. coordination abilities when using this technique.

The highest rate of development of motor-coordinating abilities in girls and girls was established at the age of 10 and 15 years, high - 9, moderately high at the 11th year. In the 13th year, the result worsens at a moderately high rate. In boys and young men, the highest rate of development of this ability is set at 9, 10, and 15 years of age, and moderately high at 12 and 16 years of age.

Motor-coordinating abilities in judo have the following types of manifestations: a) rhythm (combination of accentuated and non-accentuated phases of movement) when performing technical actions; b) balance during attacking and defensive actions; c) orientation in space and time; d) control of the kinematic parameters of movements (temporal, spatial and space-time), dynamic (power), quality (energy, plasticity).

The development of coordination abilities of wrestlers depends on various factors. The most important - motor memory (memorization and recreation of movements) covers the range of motor skills of any complexity, manifested in variable conditions of activity and in various states of fatigue. An important factor is intermuscular and intramuscular coordination (transition from tension to relaxation, interaction of muscles - antagonists and synergists). A high level of coordinating abilities is also ensured by the plasticity of the central nervous system, the level of physical fitness of wrestlers (development of speed and speed-strength abilities, flexibility), anticipation of the actions of a partner or opponent (anticipation of his attacking or defensive actions), orientation towards solving a motor task in variable conditions.

Means of development of motor-coordinating abilities are new, insufficiently mastered exercises or well-known exercises performed in complicated conditions (lack of space, time, insufficient information about the opponent). These include all exercises containing elements of novelty, sports and outdoor games.

In the process of improving the coordination abilities of young wrestlers, the following methodological errors should be avoided: the use of monotonous exercises, the discrepancy between the complexity of the exercise and the level of preparedness of the trainees. Since the coordination abilities of judo wrestlers are manifested in close relationship with other physical qualities, then practically all the above-mentioned shortcomings in the organization or in the methodology for developing other qualities can be the causes of injuries in the development of motor-coordinating abilities.

The technique given by the author was the use of stuffed balls weighing 1, 2, 3 kg. The classes included developed complexes of coordinating regulated special preparatory, lead-up exercises that form motor skills and judo wrestling skills: exercises in self-insurance during falls, exercises on the "wrestling bridge", acrobatic exercises with and without a partner, imitation exercises, exercises with stuffed ball , rubber band, exercises with a partner when learning complex coordination movements.

Separate training tasks also included situational coordination special-preparatory exercises, which are task games with elements of wrestling: moving in different directions, maintaining balance, maintaining or changing the position of the body in relation to the opponent, exercises for a sense of distance.

To develop the coordination abilities of young men, sets of tasks were developed, consisting of coordination, situational and conditional general preparatory, as well as special preparatory coordination exercises with stuffed balls.

Planning and implementation of training according to the scheme from general to special made it possible to build the training process in such a way that general preparatory exercises and exercises with stuffed balls were performed with optimal load and at the same time developed strength, endurance, flexibility and coordination abilities.

These exercises were used in classes with children in the experimental group of judokas, when in order to form a stable interest of the subjects in training sessions, as well as to switch attention from monotonous exercises caused by the monotony of teaching one motor action, part of the exercises was performed in a game form. These exercises were used only in the lessons of the experimental group. In the control group, traditional means were used to develop motor coordination abilities during the warm-up.

Conclusion. The application of the developed method in the experimental group during the pedagogical experiment made it possible to reveal at the end of the study significant differences in the indicators of the level of development of motor-coordinating abilities between the control and experimental groups. The new methodology can be recommended for training sessions in judo initial training groups in judo sports clubs. It is also recommended to pay due attention to the technique of belaying those involved in the first stages of applying the technique, since at first the practitioners may not be able to control their own position of the body in space. It is not recommended to conduct classes according to the developed methodology in conditions of lack of a safe distance in the hall between the trainees, as this is contrary to safety precautions when conducting judo classes.

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